

CWSC - Club Squads Training Schedules

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool		Queen Mother		Porchester			Porchester
Bronze		18:00-19:00		19:00-20:00			08:00-09:00

Pool			Moberly		Queen Mother	Marshall St	Porchester
Silver			20:00-21:00		Water Polo*: 20:00-21:00 Swim: 20:00-21:00	14:30-15:30	09:00-10:00

Pool	Kensington		Moberly		Queen Mother	Marshall St	Queen Mother
Gold					06:00-07:00		
	20:00-21:00		20:00-21:00		Water Polo*: 19:00-20:00 Swim: 20:00-21:00	14:30-16:30	08:00-09:00

* Selected swimmers. Trials held at the start of each term

PLEASE NOTE:

DROP OFF - Swimmers should be poolside, ready to swim, 5 minutes before their session starts.

PICK UP - Swimmers should be picked up promptly. Coaches may not be able to wait and young swimmers should not be waiting unattended.

HYDRATION - Swimmers should drink water only during training sessions. No fizzy, sports or caffeinated drinks